

# OH-LAY! EARLY SPRING SALAD:



Splashes of citrus, punches of cilantro and cumin, crunchy pumpkin seed parmesan and creamy avocado give springtime greens and asparagus a boost in this bright, south-of-the-border salad.

**Prep Time:** 20-30 minutes **Serves:** 4 people

## Ingredients

### For the Salad:

Spring greens mix\*  
Asparagus, roughly chopped  
½ - 1 cup minced cilantro  
Oranges, diced  
Avocado, diced  
Pumpkin seed parmesan

### Optional toppings:

Cucumber, diced  
Roasted red pepper, sliced (organic is best)  
Corn (organic is best)  
Plantain chips, crumbled

### For the Pumpkin Seed Parmesan:

½ c. pumpkin seeds, raw or toasted  
3 tsp. nutritional yeast  
1 ½ tsp. olive oil  
1/8 tsp. salt  
¼ tsp. (heaping) cumin

### For the Orange-Lime Dressing:

¼ c. lime juice  
1 T orange juice concentrate + 1 T water  
3 T olive or avocado oil  
½ scoop 100% pure stevia  
½ tsp. cumin  
¼ tsp. chili powder  
1/8 tsp. salt  
Dash pepper  
1 T cilantro, minced

\*see Recipe Notes

## Instructions

1. If toasting pumpkin seeds, place in a pot over high heat and toast until you hear the seeds begin to “pop”, about 1-2 minutes.
2. Combine all pumpkin seed parmesan ingredients in a small food processor and pulse until roughly crumbled.
3. Combine all dressing ingredients in a jar and shake well until emulsified.
4. Prepare all salad ingredients, combine with dressing and parmesan and serve.

## Recipe Notes

Use about one large handful of salad greens per person.

If serving to a crowd, combine the greens, asparagus and cilantro in a large salad bowl, but serve the remaining toppings and dressing on the side for guests to add as desired. That way if you have leftovers, the greens will remain fresh.

Pumpkin seed parmesan will keep for at least one week if refrigerated in a jar.

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